



Expressions

In All Things, Be Upward Bound!

From The Director's Desk

“Seize the Moments of Your Life”

What's Inside:	
From the Director's Desk	1-2
Parent/Student Summer Orientation	2
SAC Articles	3 & 5
Summer Trip Itinerary	4
Summer Staff List	5
Kudos!!	6
ACT Testing Dates	7
Happy Birthday!	7
UB Contact Info	7

Our life is made up of millions of moments and each moment offers an amazing opportunity for each of us. I am of the belief that all too often many of us fail to recognize these opportunities and fall victim to the habitual nature of life—in other words we get comfortable with the “routine.” Don’t get me wrong, having a schedule is important in life, but I also think it is important that we don’t corner ourselves too much into the same activities, day in and day out. If we choose to subject ourselves to a lack of variety in our life, then we may view our life from a “time marches on” approach rather than a “I wonder what lies around the corner” type of vantage point.

During the upcoming UB summer session, there will be many opportunities for students to seize the moment. It is our hope that our students recognize the varied and unique learning opportunities that we have planned for them and to dive into them head first and without trepidation. Many of our students already exhibit an insatiable thirst for knowledge and we look for these students to be the ones to lead some of the more reserved students into a whole new way to approach their time spent in the classroom. We are going to challenge all students to be curious and inquisitive learners in the classroom and to take risks when it comes to learning. Our teachers have been asked not to assign grades to the students’ work, but to rather continually challenge them to produce work and exhibit an academic energy in the classroom that they can take pride in. It is our hope that this approach will free up the students’ minds and stimulate and foster creative thinking.

Of course, the key to this academic setting is that the students still behave in such a fashion where they respect each other viewpoints, strengths and weaknesses; the teacher and their guidance; and the concepts related to learning. If successful, this approach will allow all students many exciting and thrilling academic moments!

Out of the UB classroom the students will be immersed in a myriad of moments designed to broaden their personal, social, and cultural horizons. As with in the classroom, all of our activities are entrenched with the notion of respect—we will respect each other, our surroundings and of course we will respect ourselves. As the students experience the many varied and new activities, we ask that they approach them with an open mind. The main deterrent of any upcoming moment is close mindedness. A closed mind is much like a closed gate in the middle of a road. Once closed, the gate does not allow us to experience what is on the other side. Our mind can work the same way—if we see an upcoming activity as “stupid” or “lame” and close our minds to the many possibilities that the activity could offer, we may have lost some incredible moments. Living in, and taking full advantage of every moment, requires that we have some openness to the possibilities the moment(s) may offer.

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From the Director's Desk Continued...

Students—be ready to seize the moments of UB this summer and by doing so, you will avoid the “time marches on” viewpoint that accompanies drudgery and monotony. I challenge you to wake up each day with the mindset that today is going to be another opportunity to learn something incredible and then to spend the day in pursuit of that hidden nugget of learning. If you find it early on in the day then envision that you have just struck gold—and good gold miners know that where there is a nugget of gold there exists the possibility of much more, so continue looking, moment by moment, for more treasures. If you take this approach—living and experiencing UB moment by moment, with an open mind, I am quite sure that by July 15th you will have discovered a wealth of treasures—and the surprising thing might be is that they have been lying in waiting inside of **you** all of this time!

Until our next moment together, this is Phil signing off. Take care.



NOTICE, Date Change!!!

MANDATORY
Parent & Student Summer Orientation
May 17 or May 18
6:30—8:00 PM
3rd Floor Administration Bldg. (Northwest Campus)

SAC Article

“Leadership”
By: Jolene Harbin

I recently traveled to Columbia, MO for the State FFA Convention. We were there for 3 days and I experienced some things that I will never forget. Our state officers really showed that you can achieve anything you set your mind to and that if you show a little bit of leadership you can positively affect everyone around you.

Along with leadership I learned from FFA, our AG class has been exposed to some ‘Hick’s Philosophy 101’. Mr. Hicks, our AG teacher, has always encouraged me in that the effort I put in to whatever I do is always the result I will achieve. For example, if I put in 100%, that is what I will get out of it. If I set my heart and mind to something and dedicate myself to it, I can accomplish any goal that I dream of. The motivation I received from my AG teacher has inspired me to run for FFA Chapter President for both my Junior and Senior years, and later I’m hoping to become Area 1 Vice President and later State President or State 1st Vice President.

Here’s where you all come in. I challenge you to truly be a leader. I challenge you to inspire those around you to reach for their goals and accomplish anything they set their minds to. Not only does a person need to set goals for themselves, but they need the support of others around them to help achieve those goals. Let’s all help inspire others to reach new heights, by setting an example as leaders today.

SAC Article

“Summer is Just around the Corner”
By: Gentry Woodward

Oh my gravy!!!! Summer session is fast approaching and there are a lot of things to do before that time. Most importantly we need to finish out this school year strong. I know it is difficult to finish out fourth quarter strong since we are all eagerly awaiting the summer but we are Upward Bound students and that’s what we do. Second, you need to make sure you know who your roomie is so you can arrange different things. For example: who will bring a TV, a microwave, a fan, or possibly a mini fridge. These are all things that you may want or need in some cases to make it through the summer session. Finally, mentally prepare yourself for one of the best times of your life. This will be my third summer session and I can honestly say that they just get better every year.

It is very important to go into this summer session with an open mind and eagerness to learn. The central staff and SAC have all been planning trips and events that will top the past or whatever you may fathom summer session to be like. In conclusion, just hang in there and get through these last weeks of school because this summer will be worth whatever you have to go through to get there.

Summer Trip Itinerary: Madison, Wisconsin (July 6-9)

Monday, July 12th

7:00 a.m. Depart Maryville
Noon Arrive @ University of Iowa (lunch on campus)
12:30-2:00pm Campus Tour-University of Iowa
5:30 Arrive @ Hotel (Clarion Suites; Madison, WI)
6:45 Leave for dinner at Frida's Mexican Grill
7:00 Dinner @ Frida's Mexican Grill
8:45 Return to Hotel

Tuesday, July 13th

7:45-9:00am Breakfast on own at hotel (Free)
9:00 Leave for University of Wisconsin Tour
9:30 Arrive @ University of Wisconsin for Campus Tour
11:30 U of W Geology Museum Tour
12:30pm Lunch (Student Pays) and Shopping—State Street—Between U of W and State Capitol
3:30 Meet @ W/SW corner of Capitol where State St. meets the Capitol
4:00 Tour of the Capitol Building
5:00 Leave for Hotel
6:00 Leave for Dinner at Quivey's Grove
6:30 Dinner at Quivey's Grove
8:30 Leave for Hotel

Wednesday, July 14th

7:00-8:15am Breakfast on own at hotel (Free)
8:30 Leave for Dells Ducks "Wild Thing" Boat Tour
9:45 Arrive @ Dells Ducks Boat Tours
10:00 "Wild Thing" Boat Tour
11:00 Leave Boat Tour
11:30-5:00pm Arrive @ Noah's Ark Waterpark (Lunch provided)
5:15 Leave for Dinner at Pizza Ranch
5:30 Arrive @ Pizza Ranch
7:00 Leave for Wild 4 Hypnosis Comedy Show
7:15 Arrive @ Wild 4 Hypnosis Comedy Show
8:00 Hypnosis Comedy Show Begins
10:00 Leave Show
11:00 Arrive @ Hotel

Thursday, July 15th

7:00-8:15am Breakfast on own at hotel (Free)
8:30 Check out of hotel---load busses
10:00-1:00pm House on the Rock Tour (Lunch-Student Pays)
1:15 Leave for Maryville
5:30 Dinner along the way (Student Pays)
6:15 Load Busses
9:00 Arrive in Maryville

***All students will receive a final itinerary with times and phone numbers before the trip.**

SAC Article

“The 48-hour Wait”

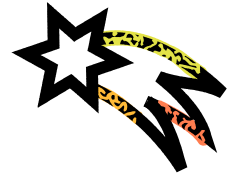
By: Ryan Henry

With the summer session closely approaching I know it can seem a bit overwhelming. You begin to think that you need everything that you see for your dorm room, but really, you don't. My freshman year I made a list of things that I thought I needed for the summer session. It turned out that half the things I brought I never ended up using. I thought I needed a mini grocery store in my room! When it comes time to move out at the end of summer and you take inventory to see what you have leftover, you'll be surprised by all the unnecessary things you brought. So, as Dave Ramsey says, “wait 48 hours before you buy anything to see if you truly need it, or if it is just an impulse buy.”

Summer Staff List

Instructors	Stacey Calfee Reina Drake Dan Ferguson Tim Gallagher Joel Osborn Dennis Vinzant
Academic Assistants	Anthony Donahoo Wade McConnelee
Counseling Assistants	Mona Bradley Christi Waggoner
Teaching Assistants	Amanda Donahoo Cassie Gilland Julie Holmes
Enrichment Instructors	Jamie Hafeli Katie Lee Dmitriy Lunev Angelica Maxwell Ben Schrag
Resident Assistants	Allie Boehm CJ Clark Justin Gabbert Franky Stephenson

Kudos!! — Students with 3.5 GPA or higher



Northeast Nodaway

Ashley Standiford

Nodaway-Holt

Ed Runion
Ron Runion
Niki Fultz
Cassie Lance

Stanberry

Paul Poe
Gentry Woodward

Congrats to these students who earned a GPA of 3.5 or higher and who no longer have to attend field tutoring. Great job guys!

Tarkio

Katarina Bennett
Jolene Harbin
Taylor McCartney
Michelle Sharp
Britnee Wolfe

West Nodaway

Eric Jones
Shelbey Fox
Lisa Adams
Ryan Henry
Kristen Dodge



Kudos!!

Congrats to Taylor McCartney for being elected Student Body Secretary and the President of FCCLA!

If anyone has recently been recognized for any great accomplishments either academically or in their extracurricular activities, please let us know and we'll include them in the newsletter!

We love hearing about all of your awesome achievements!

UB Reminders & Announcements!!

ACT[®] Test Dates

ACT Test Date 2009 — 2010	Registration Date (Late fee after this date)
September 12, 2009	August 7, 2009
October 24, 2009	September 18, 2009
December 12, 2009	November 6, 2009
February 6, 2010	January 5, 2010
April 10, 2010	March 5, 2010
June 12, 2010	May 7, 2010

Always use the UB CODE: 9713

Remember: Each UB participant can utilize 2 fee waivers. Forms are available in the UB office.

Happy Birthday!!!

January

Corey Paulo—2
Patricia Boller—3
Travis Hicks—5
Trevor Luke—14
Layla Anderson—20
Ashley Farnsworth—22
Britnee Wolfe—24
Victoria Shanks—25
Ron Runion—28

February

Chelsey Sisk—4
Taylor McCartney—16

March

Niki Fultz—1
Katrina Freemyer—7
Erica Merriett—25

April

Dylan Rainey—13
Candace Farnsworth—19
Ryleah Burke—26
Maggie O'Connell—26
Dallas Davis—27

May

Aaron Murphy—1
Mackenzey Brown—7
Laci Wooten—12
Bryce Wiederholt—16
Ed Runion—24
Trevor Quick—26
Katie Wilmes—31

June

Ashley Standiford—20
Gentry Woodward—30

Saturday Session Schedule

September 26	NWMSU College Visit
October 17	Reg. Session / Visitors Welcome
October 31	Reg. Session / Visitors Welcome (UB Parent Day)
November 14	Reg. Session / Visitors Welcome
December 5	Reg. Session / Visitors Welcome
January 9	CANCELLED
January 30	Regular Session
February 27	Regular Session (TRIO Day)
March 13	Regular Session
April 10	Regular Session
April 24	Regular Session

UB Contact Info

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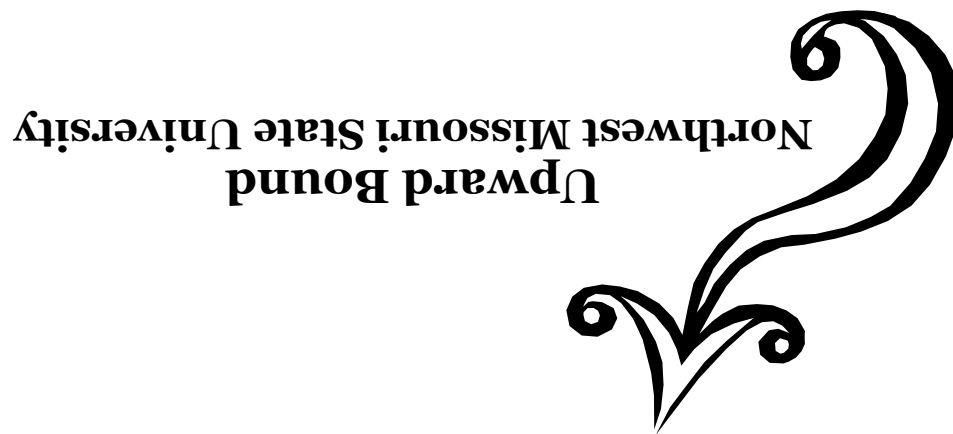
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OFFICIAL UB WEB SITE

www.nwmissouri.edu/dept/upwardbound



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